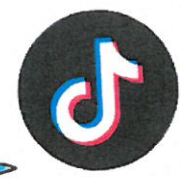


DIGITAL WELLBEING

- Balance is best
- Face to face interactions should remain key but children should also be supported in exploring the digital world safely.
- There is no 'one size fits all' for screen time limits but consideration should be made.

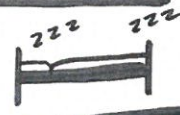
Be digitally hygienic by regularly cleaning + updating electronic devices and using passwords that are secure.



Digital Wellness

Establish a balance for a healthy mind!

Electronics before bed can have a detrimental impact on a good night's sleep.



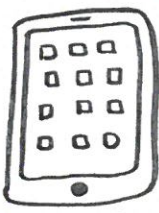
CYBER RESILIENCE + INTERNET SAFETY CRISIS

- Involvement in a child's digital journey is key.
- Resources can be found on Parentzone using the 'Be Internet Legends' resource.
- Sharp
- Alert
- Secure
- Kind
- Brave

Take a break

3G

4G



Removing risk won't prepare children in navigating the digital world.

Help me to play an active role in my online safety.

APPS FOR ALL AGES

- Social media is another growing concern for young people. Whilst we want them to experience + own their digital journey, we must also engage with the materials that they are finding + using.
- Many apps have age ratings which are in place for a good reason. Both Tiktok + Snapchat require users to be at least 13!

